Ellise Stainless Non-Stick Skillet

28cm (11") non-stick skillet in brushed stainless steel

Instruction/Recipe Booklet

SK6400

Please read these instructions carefully and retain for future reference.

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تأكد من تفهُم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید که احتیاطهای بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM ELLISE STAINLESS NON-STICK SKILLET.

- Use your skillet at least 200mm away from walls and curtains.
- Do not immerse the Control Probe in water.
- If using a plastic spatula do not leave in cooking vessel when hot.
- The skillet must only be used with the Control Probe provided.
- Avoid using on metal surfaces e.g. sink, hotplate.
- Remove the Control Probe before cleaning the skillet.
- After cleaning the skillet ensure that the Control Probe Inlet area is completely dry before using again.
- The knob on the glass lid may get hot during use – oven mitts may be required.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

An Introduction to your Ellise Stainless Non-Stick Skillet

Cooking Hints for your Sunbeam Skillet

The Sunbeam Skillet is the perfect friend to help cook up that special breakfast or brunch for yourself or family and friends. It will cook up the biggest breakfast of bacon, eggs, tomatoes, sausages, mushrooms, potato cakes, spanish omelette's and fritatta's.

It is also perfect for cooking both sweet or savoury pikelets, pancakes and crepes. Perfect for cooking most meats and poultry. You can oven roast rolls of pork, lamb, whole chicken, quail, beef sirloin, racks of lamb or beef.

Great also for searing prawns, scallops, medium size fish, and octopus just like a BBQ hotplate.

It is the perfect compact kitchen friend to take with you on holiday.

Versatile

Roast the family dinner, grill steaks, simmer casseroles and stir fry vegetables etc. All with minimal mess or fuss.

Economical

Cooks food quickly and uses less power than an ordinary oven or grill.

Total control

The removable Control Probe has 10 heat settings to give you total heat control, whether cooking delicate pikelets or the family roast.

Easy to clean

Features a fully sealed element, so that the skillet is dishwasher-safe and can be fully immersed in water.

Guaranteed reliability

Your new Sunbeam skillet will give you years of reliable service. It is backed by Sunbeam's 12 month Replacement Guarantee.

If you have any questions about your Sunbeam skillet or any other Sunbeam appliance, please phone the Sunbeam Consumer Service Line on 1800 025 059 or the Sunbeam office in your state. In New Zealand - call the Sunbeam office in Auckland on 09 912 0747.

Features of your Sunbeam Ellise Stainless Non-Stick Skillet

Cook & Look Lid

Stylish glass lid with stainless steel enables you to watch your food while it cooks.

High Domed Lid

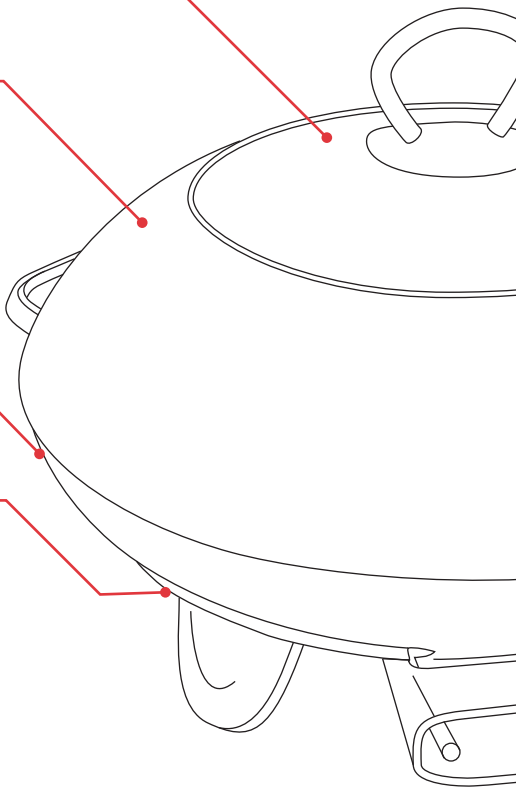
Turns your skillet into a compact oven. Ideal for roast beef and chicken, or a rack of lamb and other cooking where temperature and moisture levels need to be controlled.

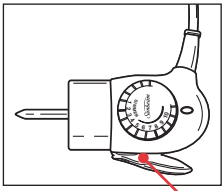
High Grade Non-Stick Cooking Surface

Enables fat-free cooking and easy wipe down cleaning.

Unique 1600 Watt Butterfly Die-Cast Element

The element is completely cast into the heavy-duty base plate providing superior heating and a longer element life.



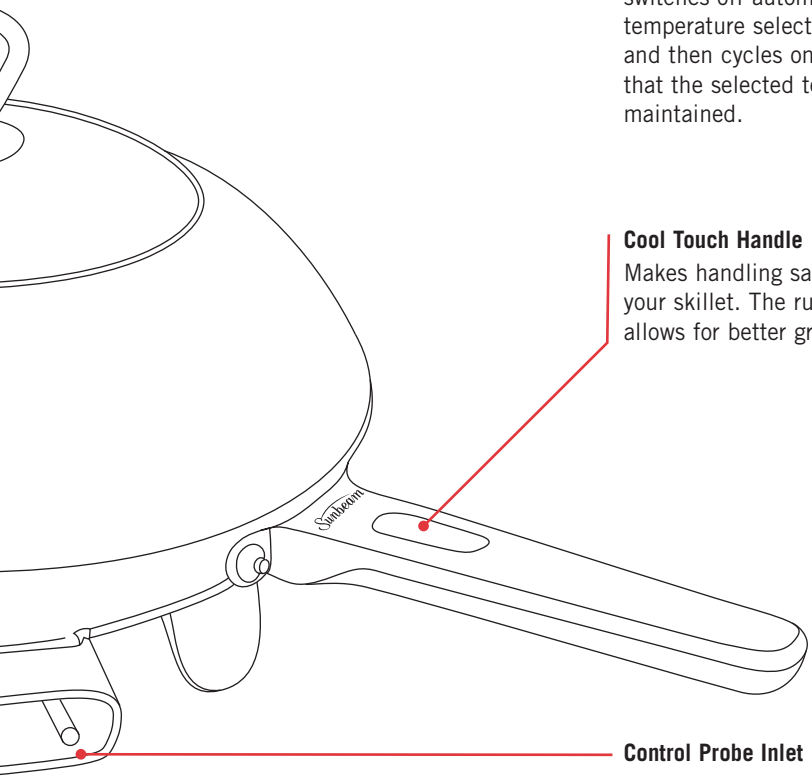


Trigger Release Control Probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

Cool Touch Handle

Makes handling safer when carrying your skillet. The rubberised insert allows for better grip.

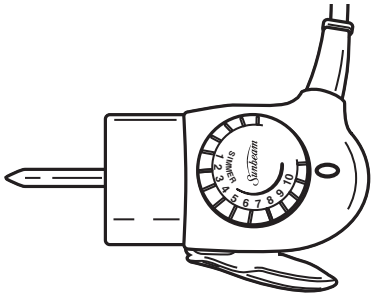


Control Probe Inlet

Temperature settings of your Ellise Stainless Non-Stick Skillet

Trigger Release Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained. The trigger release makes removal of the probe easy.



The numbers on the dial represent the following temperatures approximately.

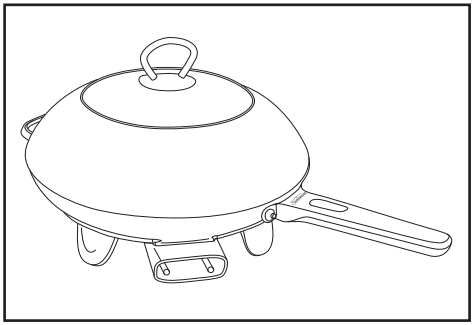
DIAL SETTING	CELSIUS (approx)	FARENHEIGHT (approx)	USES	TEMPERATURE
1 2	50°C 70°C	122°F 158°F	Keeping food warm	**LOW**
3 4	90°C 105°C	194°F 221°F	Simmering, slow cooking	
5 6	120°C 140°C	248°F 284°F	Pan frying	**MEDIUM**
7 8	160°C 175°C	320°F 347°F	Shallow frying, baking	
9 10	190°C 210°C	374°F 410°F	Searing and sealing, roasting	**HIGH**

Temperature settings of your Ellise Stainless Non-Stick Skillet (continued)

Note: The temperature uses are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to a low setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

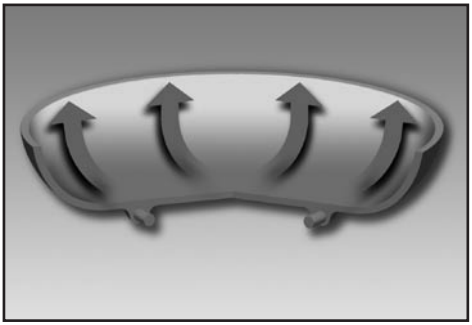
High Domed Lid

With the lid in place, the skillet can be used as an oven, giving you the versatility to cook roasts, larger pieces of beef, lamb and chicken. The lid also retains heat and moisture when simmering food.



Cast-in Element

The heating element is completely cast into the base, which is adhered onto the stainless steel non-stick skillet providing superior heat distribution.



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Using your Ellise Stainless Non-Stick Skillet

Before the first use: Ensure all stickers are removed from the product. Wash in warm soapy water, rinse thoroughly and dry your pan and lid.

1. Insert the Control Probe into the inlet on the skillet.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Set the Control Probe Dial to the desired temperature setting. Refer to page 6 for the temperature guide.

The light on the control probe will illuminate. This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

Hint: On initial heating of the skillet, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

Note: The skillet must only be used with the Control Probe provided.

Care and Cleaning

Control Probe

If cleaning is necessary, wipe over with a damp cloth.

Note: The Control Probe must be removed before the skillet is cleaned and the Control Probe inlet must be dried before the skillet is used again.

NEVER IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.

Store the Control Probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the Control Probe to your nearest Sunbeam Appointed Service Centre for inspection, refer to the separate warranty and service centre booklet.

Pan and Lid

The pan and lid are fully immersible and can be washed in warm soapy water using a mild household detergent and a soft washing sponge.

They can also be cleaned in the dishwasher.

High Grade Non-Stick cooking surfaces

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

To ensure you get the best results from your non-stick cooking surfaces, follow these simple instructions:

Before the first use: 'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher.

To clean interior and exterior surface.
Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or sponge.

Do not use steel wool or coarse scouring pads. These will damage the non-stick cooking surface.

Wash as directed, and re-season the skillet before using again. In some instances this may not remove all the staining.

Dishwasher-safe. Your pan and lid is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

Cooking with your Sunbeam Ellise Non-Stick Skillet

Baking

Your skillet can be used for baking cakes, with deliciously moist results.

1. Pre-heat the skillet to setting 10, with the lid on.
2. Elevate the cake pan or tray from the base of the skillet using a small wire rack.

Cooking times will be longer than those of a conventional oven. Use the recipes in this book as a guide to the cooking times for your own recipes.

Browning and Sealing Meat

It is necessary to brown and seal meat in many recipes. Meat retains it's juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting.

1. Pre-heat the skillet to settings 7-8.
2. Brown meat on all sides, with the lid off.
3. After sealing, reduce the temperature to settings 4-5 and replace the lid until the meat is cooked as desired. Steaks should only require turning once or twice.

Frying

The skillet is ideal for shallow or dry frying. Deep frying is not suitable as the skillet has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

Pan Frying: Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Pre-heat to settings 5-6 with a little oil to add flavour. Non-stick cooking surfaces do not require a large amount of oil.

Tip: A good suggestion is to lightly coat the meat with the oil, this helps to reduce the amount of oil needed, and stops spattering of excess oil.

Shallow Frying: Suitable for vegetable pieces e.g roast pumpkin and potato, and crumbed food. Pre-heat on settings 6-8 with sufficient oil so that the food is half immersed. Cook food with the lid off.

Sauteéing: Pre-heat on settings 5-6 with a little oil to add flavour.

Stir Frying: Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

1. Pre-heat the skillet on settings 7-8.
2. Slice meat into strips. Coat meat in a little oil and stir-fry in batches until browned. This prevents meat from stewing. Remove meat from pan.
3. Add vegetables and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later. Cook until the vegetables are still slightly crisp. Return the meat back into the pan when the vegetables are almost cooked. The lid can be in position in the last few minutes of cooking.

Roasting

Meat and poultry: The skillet is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

1. Pre-heat the skillet on settings 7-8. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to settings 4-5 to cook the meat as desired. Turn meat occasionally during cooking to ensure even cooking.
4. Remove meat from pan and cover with foil. Allow meat to rest for 5-10 minutes, meanwhile you can make a gravy from the juices in the skillet.

Vegetables: Cut into even sized pieces. Add to the skillet 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times: These times are for well done. Reduce the times to suit personal taste.

PORK: 30-40 minutes per 500g after browning.

VEAL: 30-40 minutes per 500g after browning.

LAMB: 25-30 minutes per 500g after browning.

CHICKEN: 30-35 minutes per 500g after browning.

Skillet Recipes

APPETIZERS AND ENTREES

Cheese Croquettes **Makes 25**

3 egg whites
1 cup grated cheddar cheese
1 cup grated Swiss cheese
dash cayenne pepper
1½ tablespoons plain flour
oil for shallow frying

1. Using a mixer, beat egg whites on high until stiff.
2. Fold in cheeses, cayenne pepper and flour.
3. Heat oil in skillet on setting 7. Carefully drop teaspoonfuls of mixture into oil and fry for approximately 1 minute or until golden.
4. Drain well and serve hot.

Garlic Prawns **Serves 4 - 6**

1kg green prawns, shelled and deveined
½ cup of olive oil
4 cloves garlic, halved
1 tablespoon chopped parsley
fresh ground pepper to taste

1. Place all ingredients into a bowl and marinate for 2 hours in the refrigerator.
2. Heat skillet to setting 6. Add prawn mixture and stir fry prawns until bright pink in colour. Remove garlic and serve hot.

Savoury Rice Fritters **Makes 24**

1½ cups cooked rice
1 small onion, finely chopped
1 tablespoon chopped parsley
1 cup finely chopped ham or cabanossi
2 eggs, lightly beaten
¼ teaspoon ground nutmeg
¼ teaspoon ground thyme
1 cup self raising flour
ground pepper to taste
oil for shallow frying

1. Place all ingredients, except oil into a bowl and mix until well combined.
2. Heat oil in skillet on setting 7. Drop 1 tablespoon of mixture at a time into the oil and fry until golden brown.
   Serve hot with tomato sauce.

Honey & Soy Chicken Nibbles **Makes 20**

10 chicken wings
2 tablespoons vegetable oil
2 cloves garlic, finely chopped
1 teaspoon finely grated fresh ginger
¼ cup soy sauce
¼ cup honey
½ teaspoon chinese five spice powder
fresh ground pepper to taste

1. Remove and discard wing tips. Cut wings in half at the joint.
2. Heat oil in skillet on setting 6. Cook chicken until browned on all sides.
3. Combine remaining ingredients and pour over chicken. Reduce heat to simmer and cook until sauce has thickened and chicken is cooked through.

MAIN COURSE

CHICKEN

Lemon Chicken **Serves 2**

1 tablespoon oil
2 chicken maryland pieces
1 teaspoon finely grated fresh ginger
1 clove garlic, finely chopped
½ cup chicken stock
1 tablespoon soy sauce
1 tablespoon sugar
2 teaspoons dry sherry
finely grated rind and juice of ½ lemon
1 tablespoon cornflour
1 tablespoon water

1. Heat oil in skillet on setting 7. Brown chicken on all sides with the ginger and garlic. Reduce heat to simmer.
2. Combine chicken stock, soy sauce, sugar, sherry, lemon rind and lemon juice. Add to the skillet. Cover and allow to simmer until chicken is tender.
3. Combine cornflour and water. Add to chicken, stirring until sauce boils and thickens. Simmer for a further 5 minutes. Serve with steamed rice.

Beef

Chateaubriand with Mushrooms **Serves 4-6**

1 piece fillet steak (about 1kg)
6 éshallots, finely chopped
½ cup dry red wine
2 teaspoon (10g) butter or margarine
200g mushrooms, sliced
juice of ½ lemon
1 cup beef stock
1 tablespoon corn flour
2 tablespoons cream

1. Place fillet into a large dish, sprinkle with éshallots and pour over wine. Cover and marinate for 2 hours in the refrigerator.
2. Heat butter or margarine in skillet on setting 7. Add meat and brown on all sides. Reduce temperature to setting 5. Cover and cook for desired amount (to suit your individual taste). Set meat aside and cover with aluminium foil to keep warm.
3. Add mushrooms and lemon juice, sauté for 2 minutes.
4. Add beef stock and marinade, bring to the boil. Blend cornflour with a little water. Add to the stock, stirring constantly until sauce boils and thickens. Stir through cream. DO NOT BOIL.

   To Serve: Slice beef and cover with sauce. Serve with steamed vegetables.

Pepper Steak **Serves 4**

4 pieces fillet steak
2 teaspoons cracked black pepper
60g butter
2 teaspoons oil
¾ cup dry white wine
1 tablespoon brandy or dry sherry

1. Press the pepper into the steaks on both sides. Allow steak to stand 1 hour in the refrigerator.
2. Heat butter and oil in skillet on setting 7. Add steaks and cook quickly on both sides to seal in the juices. Reduce heat to setting 5 and cook for desired amount (to suit your individual taste). Cover and keep warm.
3. Add wine and brandy to the same pan and bring to the boil. Strain through a fine sieve. Serve over steak.

Stir Fry Beef **Serves 4**

1 tablespoon oil
500g topside steak, cut into thin strips
1 onion, cut into thin wedges
1 clove garlic, finely chopped
1 teaspoon finely grated fresh ginger
1 red capsicum, cut into thin strips
1 celery stalk, cut into thin diagonal strips
1 beef stock cube blended with 1 tablespoon hot water
2 tablespoons soy sauce
2 teaspoons brown sugar
1 tablespoon cornflour, blended with
2 tablespoons cold water
2 green onions, sliced into 2cm pieces
¼ cup toasted cashews

1. Heat skillet on setting 7. Coat meat in oil. Stir fry meat in batches until browned. Set aside.
2. Reduce heat to setting 5. Add onions, garlic and ginger, stir fry until tender.
3. Add capsicum and celery, stir fry for 2-3 minutes. Add beef stock, soy sauce and brown sugar. Bring to the boil. Stir through combined cornflour and water until mixture boils and thickens.
4. Return meat to the skillet. Add green onions and cashews and cook uncovered until meat is heated through. Serve with steamed rice.

Veal

Veal with Mushrooms **Serves 4**

1 tablespoon (20g) butter or margarine
1 tablespoon oil
100g mushrooms, sliced
4 veal steaks
plain flour
fresh ground pepper to taste
1 tablespoon plain flour, extra
½ cup beef stock
½ cup cream

1. Heat butter or margarine and oil in skillet on setting 5. Add mushrooms and sauté until tender. Set aside.
2. Coat veal steaks in flour seasoned with pepper. Cook steaks on either side until golden. Set aside and keep warm.
3. Add extra flour and cook for 1 minute. Add stock, and stir until sauce boils and thickens.
4. Reduce heat to setting 2, add mushrooms and heat through. Stir through cream. To serve spoon sauce over veal steaks. Serve with steamed vegetables.

Weiner Schnitzel **Serves 4**

4-6 (approx. 750g), thinly cut veal steaks
fresh ground pepper
juice of 1 lemon
plain flour
3 eggs beaten
dry breadcrumbs
¼ cup oil

1. Pound out veal steak with meat mallet or rolling pin.
2. Sprinkle a little pepper over one side of each steak. Sprinkle the other side with lemon juice.
3. Coat veal steaks lightly in flour. Dip into egg and then into breadcrumbs, pressing breadcrumbs on firmly. Refrigerate for 1 hour.
4. Heat oil in skillet on setting 7. Cook veal in batches quickly on both sides until golden brown. Drain on absorbent paper. Repeat with remaining veal. Serve with a wedge of lemon.

Veal Paprika **Serves 4**

4-6 (approx. 750g) veal steaks
plain flour
2 tablespoons (40g) butter or margarine
1 medium onion, thinly sliced
1 clove garlic, finely chopped
2 teaspoons paprika
1 tablespoon plain flour, extra
1 cup beef stock
1½ tablespoons tomato paste
2 tablespoons sour cream

1. Coat veal steaks lightly in flour.
2. Heat butter or margarine in skillet on setting 5. Cook veal quickly on both sides until lightly golden. Set aside.
3. Add onion and garlic, sauté until tender.
4. Add paprika and extra flour. Gradually add beef stock, stirring constantly until mixture boils and thickens.
5. Reduce temperature to simmer. Stir through tomato paste and return veal to the skillet. Cover and simmer for 25-30 minutes. Stir in sour cream just before serving.

Baked Spring Lamb Roll **Serves 4**

1 onion, finely chopped
2 cups fresh breadcrumbs
1 tablespoon chopped fresh mint
1 tablespoon chopped fresh parsley
1 egg, lightly beaten
freshly ground pepper to taste
1kg loin of lamb, boned
plain flour
1 egg extra, lightly beaten with
2 tablespoons milk
1 cup dry breadcrumbs
2 tablespoons oil

1. Combine onion, fresh breadcrumbs, mint, parsley, egg and fresh ground pepper.
2. Spread mixture onto lamb and roll up. Secure with string.
3. Roll in flour, egg and milk then breadcrumbs.
4. Heat oil in skillet on setting 7. Brown roll on all sides. Reduce heat to setting 5 and cook for approximately 1 hour or desired amount (to suit your individual taste).

Lamb Shanks with Beans **Serves 4**

1 cup dried lima beans, washed thoroughly
4 lamb shanks
plain flour, seasoned with fresh ground pepper
2 tablespoons oil
2 onions, finely chopped
1 clove garlic, finely chopped
2 teaspoons curry powder
1 x 425g can peeled tomatoes, chopped
2 tablespoons tomato paste
2 cups water

1. Place beans in skillet and cover with water. Bring to boil on setting 5. Remove beans and liquid, allow to soak for 3 hours or overnight. Drain.
2. Lightly coat lamb shanks in seasoned flour.
3. Heat oil in skillet on setting 7 and brown shanks well. Set aside.
4. Reduce heat to setting 5. Sauté onions, garlic and curry powder until onions are tender.
5. Add tomatoes, tomato paste and water, bring to boil.
6. Add beans and lamb shanks. Cover and cook on simmer setting for about 2 hours or until shanks are cooked and beans are tender.

Pork

Indonesian Pork Sate **Serves 4**

600g pork fillet, sliced
1 tablespoon oil
1 onion, finely sliced
¼ cup lemon juice
2 tablespoons soy sauce
1 teaspoon brown sugar
1 teaspoon curry powder
½ teaspoon ground coriander
¼ teaspoon pepper

1. Heat skillet on setting 7. Coat pork in oil. Cook pork, in batches, until browned; remove from pan.
2. Add remaining ingredients to same pan and stir fry until fragrant. Return pork to pan and stir fry for a further 2 minutes or until pork is just cooked through and tender.
3. Serve with tomato wedges and saffron rice.

Note: To make saffron rice; for every 2 cups of rice add ¼ teaspoon of saffron to boiling water.

Hawaiian Pork Chops **Serves 4**

4 pork chops
1 tablespoon oil
1 onion, cut into wedges
1 x 425g pineapple pieces, drained reserving ¼ cup pineapple juice
¼ cup dry sherry
1 tablespoon honey
1 tablespoon tomato sauce
2 teaspoons white vinegar
1 teaspoon grated fresh ginger
fresh ground pepper to taste
2 teaspoons cornflour

1. Trim excess fat from chops.
2. Heat oil in skillet on setting 7. Brown chops on both sides. Remove chops from skillet. Reduce to setting 5.
3. Sauté onions until tender. Add pineapple, sherry, honey, tomato sauce, vinegar and ginger. Bring to boil.
4. Reduce heat to setting 2. Return pork to the skillet. Cover and simmer for 15 minutes, or until chops are cooked as desired.
5. Add combined cornflower and reserved pineapple juice and heat through until slightly thickened.

Seafood

Curried Prawns **Serves 6**

2 tablespoons oil
6 green onions, cut into 5cm pieces
1 medium onion, sliced
2 tablespoons curry powder
3 celery stalks, sliced into 1cm pieces
50g beans, roughly chopped
1kg green prawns, shelled and deveined
2 cups chicken stock
¼ cup cornflour
2 tablespoons sherry
¼ cup cream

1. Heat oil in skillet, add onions and cook until softened. Add curry powder and cook, stirring, until fragrant. Add the beans and celery; cook for a further minute.
2. Add prawns and stock. Stir through combined cornflour and sherry, stirring until thickened. Cook for 3 minutes or until prawns are just cooked through.
3. Stir through cream. Serve with rice.

Grilled Fish **Serves 4**

4 white fish fillets
juice of 1 lemon
plain flour
1 tablespoon (20g) butter or margarine
1 tablespoon oil

1. Soak fillets in lemon juice for 5-10 minutes.
2. Coat fillets lightly in flour.
3. Heat butter or margarine and oil in skillet on setting 6-7. Add fillets and cook until golden on both sides and the flesh is tender. Serve with mashed potatoes and wedges of lemon.

Butter Crumbed Fish **Serves 4**

plain flour
salt and pepper
4 white fish fillets
1 egg
¼ cup milk
1 cup dry breadcrumbs
80g butter
2 teaspoons oil

1. Season flour with salt and pepper to taste.
2. Coat fillets lightly in seasoned flour, dip in combined egg and milk mixture then coat in breadcrumbs.
3. Melt butter and oil in skillet on setting 6. Add fillets and cook until golden on both sides and flesh is tender. Serve with a fresh garden salad.

VEGETABLE RECIPES

Savoury Cabbage **Serves 4**

½ medium cabbage
2 teaspoons oil
2 bacon rashers, rind removed, finely chopped
1 small onion, finely chopped
2 teaspoons curry powder
6 green onions, finely sliced
fresh ground pepper to taste

1. Wash cabbage, remove stalk and slice leaves thinly.
2. Heat oil in skillet on setting 5. Add bacon, onion and curry powder, sauté until onion is tender.
3. Add cabbage and green onions. Stir to combine. Reduce heat to setting 3, cover and cook for 10 minutes, or until cabbage is tender.

Tomato Onion and Zucchini Casserole **Serves 4**

2 tablespoons oil
2 small onions, finely sliced
1 clove garlic, finely chopped
500g zucchini, cut into 2cm pieces
3 large ripe tomatoes, roughly chopped
1 teaspoon Worcestershire sauce
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh basil
fresh ground pepper to taste

1. Heat oil in skillet on setting 6. Add onion and garlic, sauté until onion is tender.
2. Add zucchini, tomatoes, Worcestershire sauce, parsley, basil and fresh ground pepper to taste, bring to the boil.
3. Reduce heat to simmer, cover and cook until zucchini is tender.

Ratatouille **Serves 4**

1 eggplant
1 tablespoon oil
1 onion, finely sliced
1 clove garlic, finely chopped
1 green capsicum, cut into strips
200g zucchini, sliced
2 medium ripe tomatoes, roughly chopped
2 teaspoons mixed herbs
fresh ground pepper to taste

1. Slice eggplant, sprinkle with salt and allow to stand for 30 minutes. Wipe away moisture with absorbent paper. Cut into 2cm cubes.
2. Heat oil in skillet on setting 5, sauté onion and garlic until onion is tender.
3. Add remaining ingredients and bring to the boil. Reduce heat to simmer, cover and cook for 30-35 minutes, stirring occasionally.

Chinese Vegetables **Serves 6**

2 tablespoons oil
1 small onion, cut into wedges
1 clove garlic, finely chopped
1 turnip, cut into thin strips
1 celery stalk, thinly sliced
125g can bamboo shoots, drained
125g mushrooms, sliced
1 teaspoon grated fresh ginger
1 tablespoon soy sauce
1 teaspoon rice vinegar
1 teaspoon sesame oil

1. Heat oil in skillet on setting 6. Add onion and garlic, stir fry until onion is tender.
2. Add all vegetables and stir fry for 3-4 minutes, stirring constantly.
3. Add ginger, soy sauce, vinegar and sesame oil. Stir fry for a further 2 minutes.

Garlic Potatoes **Serves 4**

1 kg new potatoes, halved
2 tablespoons (40g) butter
1 tablespoon oil
2 cloves garlic, finely chopped
2 tablespoons chopped fresh chives

1. Boil potatoes until almost tender. DO NOT OVER COOK. Drain.
2. Heat oil and butter in skillet on setting 5. Add garlic and sauté for 1 minute. Add potatoes and cook until golden brown, stirring throughout cooking.
3. Stir chives through potatoes just before serving. Serve with sour cream if desired.

Hot Asparagus and Zucchini Salad **Serves 4-6**

1 tablespoon (20g) butter
1 small leek, finely sliced
4 medium zucchini, cut into thick strips, 5cm long
1 bunch fresh asparagus, cut into 4cm lengths
1 tablespoon toasted sesame seeds
1 tablespoon lemon juice
1 tablespoon chopped fresh parsley

1. Heat butter in skillet on setting 5. Add leek and sauté until tender.
2. Add zucchini, asparagus, sesame seeds and lemon juice. Cook until asparagus is just tender, stirring occasionally.
3. Stir through lemon juice and parsley just before serving.

RICE AND PASTA

Chinese Fried Rice **Serves 4**

2 tablespoons oil
3 eggs, lightly beaten
1 onion, finely chopped
3 bacon rashers, rind removed, finely chopped
½ cup frozen peas, thawed
6 green onions, finely sliced
3 cups cooked rice
1 teaspoon grated ginger
2 teaspoons soy sauce
¼ teaspoon ground white pepper

1. Heat oil in skillet on setting 5. Pour egg into skillet, turn to cook other side. Remove from pan and slice finely.
2. Add onions and bacon, sauté until onion is tender.
3. Add peas, green onions, rice and egg, stir to combine.
4. Stir ginger, soy sauce and pepper through rice. Cook until heated through.

Curried Nut Rice **Serves 4-6**

2 tablespoons (40g) butter or margarine
1½ teaspoons curry powder
2 cups long grain rice
2½ cups chicken stock
125g slivered almonds
8 green onions, finely sliced

1. Heat butter in skillet on setting 5. Add curry and rice, cook for 2-3 minutes stirring constantly.
2. Add chicken stock and bring to the boil. Reduce heat to simmer, cover and cook until all liquid has been absorbed.
3. Add almonds and green onions, stir through rice and cook for a further 2-3 minutes.

SAUCES

Easy Bolognaise Sauce — Serves 6

2 tablespoons oil
1 onion, finely chopped
2 cloves garlic, finely chopped
1kg lean minced beef, chopped
1 x 425g can peeled chopped tomatoes
1 x 455g can concentrated tomato soup
½ teaspoon dry basil
½ teaspoon dry oregano
½ teaspoon dry thyme
fresh ground pepper to taste

1. Heat oil in skillet on setting 6. Sauté onion and garlic until onion is tender.
2. Add meat and cook until browned.
3. Add remaining ingredients, stirring to combine.
4. Reduce heat to setting 1, cover and cook for 15-20 minutes.
5. Serve with favourite pasta and grate with parmesan cheeese.

Chilli Tomato Sauce — Serves 6

2 tablespoons oil
1 onion, finely chopped
4 bacon rashers, rind removed, finely chopped
2 x 425g cans whole tomatoes, roughly chopped
½ cup stuffed olives, sliced
½ cup white wine
¼ cup tomato paste
2 tablespoons mild chilli sauce
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh parsley

1. Heat oil in skillet on setting 6. Sauté onion, garlic and bacon until onion is tender.
2. Add remaining ingredients, stirring to combine.
3. Reduce heat to simmer, leave uncovered for 15 minutes or until sauce reduces to $^{2}/_{3}$. Stir through parsley. Serve with favourite pasta.

OMELETTES

Omelette

2 eggs, beaten
$^{1}/_{3}$ cup milk
salt and pepper

1. Place all ingredients in a bowl and combine well.
2 Pour into a preheated skillet, setting 6 and cook for 2-3 minutes.
3. Fill centre with cheese, fruits, meat, seafood, or herbs (optional) flip over half cook extra 2-3 minutes serve immediately.

DESSERTS

Apple Tea Cake

1 egg, separated
½ cup caster sugar
20g butter, melted
½ cup milk
1 cup self raising flour
1 apple, peeled, cored and sliced
1 tablespoon sugar
1 teaspoon cinnamon

1. Pre-heat skillet to setting 10. Grease and line base of a 20cm ring tin.
2. Using a mixer, beat egg white on high speed until stiff. Gradually add sugar, beating until dissolved.
3. Add egg yolk and mix well. Add melted butter and milk mixing on a low speed. Fold in flour.
4. Pour into prepared tin. Arrange apple slices over cake and sprinkle with combined sugar and cinnamon.
5. Place into hot skillet on a wire rack. Cook with lid on for approximately 1 hour or until cooked, when tested.

Melt 'N' Mix Chocolate Cake

1¼ cups self raising flour
¼ cup cocoa
½ cup caster sugar
125g butter, melted
2 eggs
½ cup milk

1. Pre-heat skillet to setting 10. Grease and line base of a 20cm round cake tin.
2. Combine flour, cocoa and sugar in a small bowl.
3. Using a mixer, add butter, eggs, milk and beat on medium speed until well combined.
4. Pour mixture into prepared tin and place into hot skillet on a wire rack with lid on for approximately 1 hour or until cooked, when tested.

Butter Cake

125g butter
1 teaspoon vanilla
¾ cup caster sugar
2 eggs
2 cups self raising flour
pinch salt
½ cup milk

1. Pre-heat skillet to setting 10. Grease and line base of a 20cm cake tin.
2. Using a mixer, cream butter, vanilla and sugar on high speed until light and creamy.
3. Add eggs one at a time, beating well after each addition.
4. Using a low speed, fold in dry ingredients alternatively with the milk.
5. Pour mixture into prepared tin. Place into hot skillet on a wire rack and cook for approximately 1 to 1½ hours until cooked, when tested. Ice cake when cool.

BATTER

Pikelets **Makes 16**

1 cup self raising flour
1 tablespoon caster sugar
½ cup milk
1 egg, beaten
20g butter

1. Combine all ingredients until smooth and creamy. You can do this in your Sunbeam Stick Mixer or Food Processor.
2. Preheat Skillet to setting 6.
3. Place tablespoons of mixture into hot skillet. Cook 1-2 minutes each side until golden.
4. Pikelets can be eaten hot or cold. Spread with your favourite jam and a dollop of thick cream or add some freshly chopped herbs into the raw mixture for a savoury touch. Once cooked top with proscicutto, basil and feta/goats cheese or smoked salmon, camembert cheese, capers and drizzle with olive oil.

Pancakes

2 large eggs, beaten
1 cup milk
1 teaspoon oil
salt
1 cup plain flour

1. Combine all ingredients in your Sunbeam Food Processor or Stick Mixer until smooth.
2. Stand 1 hour
3. Preheat skillet. Add spoonfuls (approx 1/3 cup) of mixture to the skillet. Cook pancakes 1 minute each side, until golden brown.
4. Pancakes can be served with maple syrup or caster sugar and fresh lemon juice or freshly chopped berries and cream.

Crepes **Makes 8-12**

1½ cups plain flour
pinch salt
2 eggs, beaten
1½ cups milk
10g butter, melted

1. Combine all ingredients and mix well. You may want to use a Sunbeam Stick Mixer or Food Processor to do this. Ensure that the mixture is smooth and well combined. Strain through sieve.
2. Allow to stand 1 hour.
3. Preheat Sunbeam Skillet to setting 6.
4. Brush bottom of skillet with oil and wipe clean with paper towel.
5. Place ¼ cup of mixture into bottom of skillet, swirl around to cover the base, cook 1 minute each side.

Crepes can be served in many ways, sweet or savoury. Once the crepe is cooked spread with 1 tablespoon of nutela, roll up or fold into quarters. Alternately, once crepe is cooked splash over a few tablespoons Grand Marnier and sprinkle over some sugar again roll up or fold and serve immediately.

Crepes can be eaten with sugar and lemon. Once crepe is cooked sprinkle in sugar (white or caster) and drizzle over some lemon juice. Roll up and serve immediately.

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